

GroupXclasses JULY 2006

I = Ikego (Asuka Tower)
F = Fleet Gym (5th Floor)
NFC = NEW Fitness Center
GB = Green Beach Pool
■ = FREE class. Priority to FEP members

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0630	-Command Class F		-Command Class F		-Command Class F	
0700	-Command Class F		-Command Class F			
0800	-Body Blast NFC -Command Swim Class GB	-Retro Aerobics NFC	-Pilates Xpress NFC -Body Sculpting F -Command Swim Class GB	-Bosu Cardio NFC	-Body Blast NFC -Command Swim Class GB	
0830	-Step & Strength NFC	-Posture, Alignment & Core NFC -Stroll-N-Sculpt (outdoors) NFC	-Cardio Step NFC -Burn Booty Burn F	-Bosu Strength & Balance NFC -Stroll-N-Sculpt (outdoors) NFC	-Step Mix NFC	-Step-it-Up NFC
0900						-Spintensity F
0930		-Aqua Aerobics NFC -Bosu Fun & Games NFC		-Aqua Aerobics NFC -Bosu Fun & Games NFC		
0945		-Hoppy Hour NFC		-Hoppy Hour NFC		
1000	-Yoga N					
1030	-Powerwalking NFC	-Step-It-Up NFC		-Step-It-Up NFC		
1045		-Hoppy Hour NFC		-Hoppy Hour NFC		
1100	-Aqua Aerobics NFC		-Aqua Aerobics NFC		-Aqua Aerobics NFC	
1130	-Step into Shape F -Kasmic Kick NFC	-Are we there yet? (Spin) F -Body Sculpting w/ a Twist NFC	-Step into Shape F -The 3 B Burn NFC	-Body Sculpting w/ a Twist NFC	-Step into Shape F	
1230		-Hatha Yoga F		-Power Yoga F		
1530		-Aqua Aerobics NFC	-Step-N-Tone NFC			
1600		-Kick Boxercise* F	-Power Yoga F			
1630	-Power Yoga F				-Hatha Yoga F	
1700		-Step F	-Step F	-Step F		
1730	-Basic Step F -Kasmic Kick I	-Yoga N		-Yoga N		
1800		-TBC* F	-TBC* F	-TBC* F -Stroll-N-Sculpt (outdoors) NFC		
1830		-Power Yoga F		-Hatha Yoga F		

- Classes are \$3 per hour or \$30 for monthly unlimited access.
- Non FEP members are welcome on a space-available basis.

- Please read class descriptions carefully prior to participation.
- Classes are 55 minutes unless otherwise specified. *25-minute class.

For more information, call
241-4486
www.cfay.navy.mil/mwr



Are There We There Yet? (Spin) - "Intense, while staying low" is one way to describe this CYCLING class. Lifts, climbs, and sprints in a series gives you a terrific cardiovascular workout.

Abs Express - Don't have time for an hour workout? Focus, instead, on strengthening and balancing your abdominal and back muscles in this 25 minute, completely non-impact, core conditioning class!

Aqua Aerobics - Grab a suit and head for the pool, for some exercise! This class is a great way to burn some calories and use resistance in the water. This is a non-impact class, great for your joints.

Body Blast - Tone, Tighten and Rev up your metabolism with body Blast! This strength training class targets those hard to tone areas, w/ special emphasis on the core muscles (abs/back), through a variety of class formats.

Body Sculpting w/ a Twist - This class will surely shape & tone you up so get ready to sculpt yourself! Instructor's choice of being inside or outside!

Bosu Cardio - Just like using a step.....only better. This class helps to improve cardio, agility and balance.

Bosu Fun & Games - Parents and kids! Your chance to exercise together. (Children must be 6 years or older and accompanied with a parent and must follow the class format).

Bosu Strength & Balance - Strength and balance training using a Bosu.

Command Fitness and Swim Classes - These classes are designated for all Active Duty Personnel with FEP members having Top Priority. All Command fitness classes are open to any command on a space available, first-come-first served basis. All other patrons are welcome on a space-available basis.

Hoppy Hour - Children love to sing and dance so bring them to Hoppy Hour where they can make new friends and learn to sing, dance, march, jump! Exercise while having fun!

Kasmic Kick - This heart pounding cardio workout, thru kickboxing and resistance training, is sure to make you sweat while whipping your muscles into shape.

Kick Boxercise* - Punches, kicks and blocks using your body movement. Shake off some fat while learning basic martial arts techniques and proper form.

Pilates Xpress - The stars do it...why not you? STRENGTHEN your core muscles (abs/back) and improve your posture through slow and controlled non-impact movements and specific breathing exercises. You'll feel the difference!

Posture, Alignment & Core - Strength training with an emphasis on building a stronger body and straighter posture.

Retro Aerobics - The original dance exercise. High and/or low impact type of aerobic class.

Step - KICK-UP your cardio workout with this NON-STOP, FUN and CHALLENGING class using the Reebok® step platform. Class formats can utilize Hi/Lo on the floor for warm-up or cool-down as well as a double or vertical step format.

Step-it-Up - High intensity Step class geared to increase cardiovascular endurance as well as improving coordination.

Step Mix - Expand your cardio workout with this mix of Step, Hi-Lo, Kickboxing and/or Strength/Circuit training...this class will keep you moving while challenging your muscles and heart.

Step & Strength - Step your way to GREATER CARDIO HEALTH through this FUN and BASIC step interval class! S&S alternates 2 minutes of step with 2 minutes of strength training...perfect for new steppers or anyone needing a challenge.

Step-N-Tone - 30 minutes of high intensity step aerobics followed by 30 minutes of intense toning and sculpting using hand weights, body bars, bands, balls, and own body weight.

Stroll-N-Sculpt - This STROLLER class is for mother's who want to exercise and sculpt their upper and lower body using tubing along the way, while pushing their children in strollers.

TBC* - Tone and strengthen your muscles through resistance: provided by weights, bands, balls, and your own body weight. 30 minutes is all you need for this class. Please warm-up your body before taking this class.

The 3 B Burn - This Intense calorie burning class combines cardio, body bars, balls, and BOSU balance training to improve athletic strength and power, balance and body control.

Yoga - Let us help relieve your stress, improve your flexibility and learn balance through poses. Relaxation and improved circulation are just a few benefits of Yoga. Yoga will help improve your muscle strength & endurance as well.

Hatha Yoga - This class aims to bring the body to perfect health. The class format includes physical poses, breathing techniques and meditation.

Power Yoga - Considered a "sweaty" aerobic form of yoga, often touted as "a workout that enhances your lifestyle." It is often characterized as yoga with boot camp style.

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